



TEMPLEOGUE SWIMMING CLUB

WELCOME PACK

‘A TEAM ABOVE ALL BUT ABOVE ALL A TEAM’

Welcome to Templeogue Swimming Club

The club caters for children from 7 years who are competent to swim at least a full length of the pool (25m) in each of the four strokes i.e. Freestyle, Backstroke, Breaststroke and Butterfly.

Squad's

The club is divided into different squads depending on the child's ability, age and how long they are members of the club. Each squad is then sub-divided into A and B's. Each squad train together regardless of whether they are in the A or B group up until they reach the 1st squad.

The children usually start in the 3rd squad then move on to the 2nd squad, again starting in 2Bs and onto the 2As and so on until they reach the 1As. The training schedule for all squads includes dryland training which focusses on balance, co-ordination, core strength, and injury prevention.

Squad movement criteria are broad and depend on the coaching teams, ongoing assessment of an individual athletes progress on key sets. We also take physical maturation, chronological age, training age, skills and emotional development into consideration. There is also a consideration to parental/guardian support and family structures to ensure potential moves will work for the individual household.

Squad	Criteria	Squad	Criteria
1A	Dependant on age but 100m on 1:30 baseline, 200IM on 3:30 baseline Kicking on a 2:00 baseline and capable of competing at a National Level, commit to early mornings & dryland and manage same independently.	2A	Determined by coaches on Distance, Skills & Ability to understand training This 2A group will also train periodically with the 1B's to assess progress.
1B	Dependant on age but ideally 100m on 1:45 baseline, capable of swimming IM's and competent in all strokes and aiming for National level competitions. Athletes may also be expected to attend dryland training and be assessed in same.	2B	Determined by coaches on Distance, Skills & Ability to understand training and having been introduced to regional level competitions.

The coaches keep track of attendance at each session. The club has no minimum attendance requirements, however to move through the squad system the swimmers need to attend the majority of sessions to ensure they build up the stamina and skills required to add further sessions and increase training intensity.

The coaches are always free to speak to you in between or before your training time if you have any queries regarding training. Please do not interrupt them in the middle of a training session as this could jeopardise the safety of the children swimming.

Team building activities are organised for each squad during the year in consultation with the coaches. The focus is on free or low cost activities such as cinema or pizza nights and hikes.

Training Schedules

3rd Squad

The 3rd squad train 3 times a week on Monday, Thursday and Saturday. The child can work up to attending 3 times a week and often Monday and Thursday may be enough for the first few weeks until they build up a bit of stamina.

Each athlete requires a pair of training fins (short blade). During the training sessions they will make use of a kick board so they should pick one up from the poolside before the session starts. Please note that the equipment in the mesh bags is the property of other members and should not be used.

Day	Pool Time
Monday	4:00 – 5:00pm
Thursday	4:00 – 5:00pm
Saturday	5:15 – 6:15pm

2nd Squad

The 2nd squad train 4 times a week on Monday, Wednesday, Thursday and Saturday. Some of the top-half of the squad (" 2A ") are given the opportunity to train with the 1Bs on Sunday in place of the Saturday session. **This is by coach invite only.**

Each athlete requires a pair of training fins (short blade). During the training sessions they will make use of a kickboard and a pull buoy so they should pick one up from the poolside before the session starts.

Day	Pool Time
Monday	5:00 – 6:00pm
Wednesday	5:00 – 6:00pm
Thursday	5:00 – 6:00pm
Saturday	6.15 – 7:30pm
Sunday	9:00 – 11:00am* and/or 4.30 – 6.30pm*

* 2A – by Coach Invite Only

1B Squad

The 1B squad train 7 times per week. At latter stages of this group early mornings may be introduced, these athletes are referred to as 1AJ.

Each athlete requires a pair of **training fins (short blade) and paddles**. During the training sessions they will make use of a kickboard and a pull buoy, and should pick one up from the poolside before the session starts.

Day	Pool Time
Monday	6:00 – 7:00pm
Tuesday	5:00 – 6:15pm
Wednesday	6:00 – 7:00pm
Thursday	6:00 – 7:00pm
Friday	5:00 – 6:15pm
Sunday	9:00 – 11:00am 4.30 – 6.30pm

1A Squad

The 1A squad train up to 9 times per week.

Each athlete requires a pair of training fins (short blade) and paddles. During the training sessions they will make use of a kickboard and a pull buoy so they should pick one up from the poolside before the session starts.

Day	Pool Time	Dryland Time
	ALL Sessions 15mins pre-Pool Warmup	
Monday	5:15 – 7:00am	5:00 – 5:15am
Tuesday	5:15 – 7:00am 5:00 – 6:15pm	5:00 – 5:15am 6:30 – 7:00pm
Wednesday	5:15 – 7:00am	5:00 - 5:15am 5:00 – 6:00pm
Thursday	5:15 – 7:00am	5:00 - 5:15am
Friday	5:15 – 7:00am 5:00 – 6:15pm	5:00 - 5:15am
Saturday	7:00 – 9:00am 3:30 – 5:30pm*	6:45 – 7:00am & 9:15 – 10:00am

* UCD LC – By Coach Invite Only

Who's Who

Coaching staff

Brian Sweeney	Head Coach	teamtsccoach@gmail.com
Colm O'Brien	Age Group Coach	colmthomaso@gmail.com
Jason Stynes	Age Group Coach	
Fiona Stynes	Age Group Coach	
Nicola Healy	Age Group Coach	

Committee

Officers

Chairman	Mark McInerney	chairperson@teamtsc.net
Secretary	Claire Kelly	secretarytsc@teamtsc.net
Treasurer	Colm Walsh	treasurer@teamtsc.net

Other Members

Membership Secretary	Claire Kelly	membership@teamtsc.net
	Linda Grace	
	Tracy Browne	
	Ken Healy	
	Margaret McManamon	
	Sinead Dawnay	
	Majella O'Sullivan	
	Stephen McBride	

Children's Officer

Ken Healy

087 253 00 52

Betty Darcy

cco@teamtsc.net

Club Communication

The club issues periodic updates and will regularly notify members of upcoming galas and club events via e-mail and the club website.

The club noticeboard in the entrance foyer includes important information including contact details and schedules for rosters and galas.

To keep up-to-date with club news follow us on social media using links below.



@TeamTSCSwim



Facebook.com/TeamTSC



@TeamTSCSwim

Equipment Needed

Training Fins (Short)

These are available to buy in some good sports shops or at the Swimkit shop at the National Aquatic Centre. They can also be bought online at:

www.swimkit.ie

www.simplyswim.co.uk

www.proswimwear.co.uk

www.swimshop.co.uk

These are just some examples of web sites where you can order swimming gear. They cost approx. €20 - €30 euro

Drinks bottle

Swimmers should have a drinks bottle preferably water as they need to keep hydrated during training. Any standard 750ml drinks bottle is fine. **Bottles should be PLASTIC or METAL ONLY.** Swimmers should never bring glass bottles to the pool, as this can create a dangerous hazard!

Swim hat

All members must wear a swim hat for training. Any hat is fine for training but a TSC club hat must be worn for any galas or competitions. TSC club hats are available from Brian Sweeney and cost €7. A complimentary hat is provided to all new members.

Flip Flops

Gala organisers will insist that swimmers wear footwear around the pool, so it is a good habit to get into by wearing them for coming in and out of changing rooms at training.

Togs

All of the major swimwear brands offer swimsuits made out of a chlorine resistant fabric, these swimsuits last longer and are well suited for use in training.

Ideally boys should wear tight fitting togs, briefs or training jammers*. Avoid Bermuda type togs. Jammers are available in most sports shops e.g. Rathfarnham S.C. Pure Sport.

At most galas you will see swimmers wearing competition swimsuits (skins). Note that Swim Ireland does not allow skins to be worn at Age 12 or under. Even when swimmers reach age 13, these suits are never mandatory and should not be considered until swimmers have reached a national competition standard and then only at meets where the coach has deemed them to be appropriate. You should speak to a member of the coaching staff before purchasing a set of skins.

Club Gear

The club gear is completely optional; however it looks well at galas for our swimmers to wear the club T-shirt or hoodie. A full list of gear available with prices can be found on the club web site [here](#).

Revision Date: 06/10/2023

Membership Forms

Please complete the following 4 forms which are [ONLINE HERE](#) or in the Documents > Membership Information on the website.

1. Team TSC membership form.
2. Application for membership of swim Ireland. Please tick swimming in “competitor only” section.
3. Anti- Bullying Pledge. To be signed by child and by parent or guardian.

The above forms should be returned to the Secretary post box on the pool side along with a copy of the members Birth Certificate.

4. Standing order mandate. If you decide to pay by standing order you will need to complete this form and return it to your bank.

Membership Fees

Payment may be paid by monthly standing order or in advance for the full year or bi- annually if preferred by arrangement with the Treasurer of the club.

In the case of long term sickness or injury fees may be reduced/stopped. Each case is considered individually by the Treasurer.

Contact the Treasurer at treasurer@teamtsc.net.

Fee structure/Squad	1A	1AJ	1B	2 nd	3rd
Membership	€1,150	€1,050	€890	€820	€690
Est. Gala Fees (Note 1)	€200	€150	€120	€100	€40
Total Fees	€1,350	€1,200	€1010	€920	€730
Recommended Standing Order Amount	€120	€110	€90	€85	€65

Note 1:

The figures shown include estimated annual gala fees for typical squad members. The average cost is €7- €10 per event for each gala, with beginner-level galas generally at the lower end of this scale. Gala fees are charged to a members account as they are incurred. Any balance/refund due will be calculated at the end of the season, based on the number of events actually entered.

Any swimmers moving squad in the course of the year will be billed pro-rate at the rate for their new squad with effect from month following their transfer.

Billing Guidelines

1. Billing will be monthly in advance with fee paid over [11 months]. (1/11 for 11 months September – July).
2. Any swimmers moving squads will be billed new squad fee at next billing month.
3. All gala entries to be applied to each account. It is estimated that gala fees will be in the range of €7 – €8 per event. The club will pay team relays.
4. Multi swimmer discount - 2 or more 5%, 3 or more 10%.
5. Swimmers in University or Leaving cert year will pay 75% of squad fee if they have been a member of the club for 2 or more years.

6. If a swimmer leaves during the year 1 month's notice should be provided. Fees will apply during the period of notice. Notice must be made to Club Secretary at secretarytsc@teamtsc.net.
7. Swimmers account will show all expenses even if paid by club in full or in part. This includes
 - a. Subvention for away trips accommodation
 - b. Club gear e.g. Irish Age Group Championships
 - c. Any other subvention by club.

Galas

Galas are swimming competitions which are run throughout the season from September to July. Younger children who join the club are not expected to partake in galas immediately, only when they are ready themselves. This may not occur until the child has been in the club for several months and some members may decide that they do not wish to swim competitively.

Swimming galas are based on 'swimming age', which will be based on your age on the 31st December each year.

Beginner galas will typically allow swimmers from Age 8 or 9 upwards. Higher level galas (e.g. Leinster) typically allow swimmers from Age 10 and upwards or Age 12 and upwards, depending on the level of the gala. National-level galas (e.g. Irish Summer National Championships) will allow swimmers from Age 12 and upwards.

Once a child feels confident enough to enter a gala they should speak to their coach who will advise on the best events to enter (typically a max of two 50m events). It is natural that children may be nervous about entering their first gala, the seeding process ensures that they are always in heats with other "no time" entries. During the warm up they will have the opportunity to practice diving in from the starting blocks, if they are not comfortable using the blocks they do not have to.

The Gala calendar for the current season can be found on the club website and on the club noticeboard in the entrance foyer.

Entering a Gala

All gala entries are done through our web site (teamtsc.net). **Swimmers should discuss their galaentries with their coach before entering.**

For more information about galas and details on how to enter please [see our guide here](#).

Duties of Parents (whilst children are members of the club)

Pool Duty Roster

Swim Ireland's Child Protection policy stipulates that for all training sessions there **must** be a parent or guardian present. A pool duty roster is distributed periodically and parents are asked to volunteer for time slots accordingly. An email reminder is sent out approx. 2 days before your allocated duty.

Details of your responsibilities when rostered can be [found here](#).

If you are unable to attend at your allocated time, it is your responsibility to contact someone else on your roster to take your place. These measures are in place to protect our children and their coaches. **If no adult is present it may be necessary for the session to be cancelled. Non adherence to poolside rostering is a breach of the terms of membership.**

No adult should ever be in a position where they are on their own with children. In the case of changing rooms you need 2 people of the appropriate gender to enter even in the case of public changing rooms. For this same reason we ask that parents or guardians do not enter the changing rooms to assist their children. Where a member requires assistance on a regular basis supervision in pairs must be arranged through the Club Committee.

Gala Official Roster

For galas and competitions, the club is often required to provide parents or guardians to do official duties, for e.g. time keeping or turn judges. The club will complete a list of people required based upon the gala entries and the duties previously completed during the season.

A description of the official's duties can be found on our [web site here](#).

An officials meeting is held 30 minutes before the start of each gala session where some training is provided for those not familiar with the requirements.

Without parents or guardians support it would be impossible to run these galas safely or efficiently.

Other Information

We are committed to keeping our fees reasonable to ensure that the sport is accessible to the entire local community. The committee organise a number of fundraising activities throughout the year. As well as raising essential funds these events provide parents and guardians with the opportunity to meet other members.

We are always keen to hear from parents who would like to get involved in helping with the running of the club. There are a number of roles available including the following:

- Committee or Sub-committee member
- Team Manager or Chaperone for Away Trips
- Gala Official

If you are interested please email the secretary at secretarytsc@teamtsc.net.

Swim Ireland have secured a 10% discount on online purchases made with Lifestyle Sports. To avail of the discount, quote the code SWIM10 at the checkout page.

Useful Links

Below are some links that you may find useful.

[Swimming Terminology](#)

<http://www.swimireland.ie>

<http://www.swimleinster.com>

<http://www.swimulster.net>

<http://www.instituteofsport.ie>

<http://orlawalshnutrition.ie>